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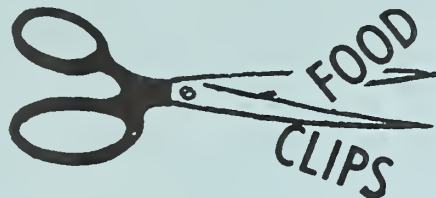
Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

34TH YEAR

October 31, 1977

No. 44



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Really want to keep cheese for an extended time? No problem---dip it in hot paraffin and rewrap small pieces--according to USDA home economists.

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Fresh cranberries are easy to keep in the refrigerator at least a week...in the freezer for many months.

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Did you know that the grade of poultry is not a guide to how tender the bird will be? It depends largely on age. Young turkey, for instance, should be tender---a "mature" one--not really!

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Why not freeze cheese? It's characteristic body and texture is damaged in freezing---it usually becomes crumbly and mealy. However, there are exceptions---if properly frozen (zero degrees) and wrapped to eliminate air and prevent evaporation you can usually keep Brick, Cheddar, Edam, Gouda, Muenster, Port de Salut, Swiss, Provola, Mozzarella and Camembert up to six months.

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ON GROWING GRAPES

.....FROM TISSUE

Grapes may be grown faster.....and more efficiently than ever before, according to an experiment conducted by Dr. William R. Krul, a plant physiologist at the U.S. Department of Agriculture. Less than a year ago, a vineyard now containing 65 grape vines began as just one cubic centimeter of grape vine tissue in a research laboratory.

Dr. Krul used a technique called "tissue culturing". By this method, thousands of grape vines can be produced from a single tissue culture. It only takes half the time to perpetuate a few hundred vines by this method compared to stem cutting which is the conventional way to propagate grapes.

Dr. Krul's vineyard at Silver Run, MD is the first in the United States consisting of vines grown entirely from isolated cells. This experimental vineyard is expected to be at full production by the summer of 1980. His laboratory at the Agricultural Research Center in Beltsville harvests hundreds of 'Seyval' grape plantlets (a French hybrid grape).

ENERGY SAVING

....IN THE LAUNDRY AND IN THE KITCHEN

Prevention is always easier than the cure. If you buy your laundry and kitchen appliances wisely you can ward-off some of the energy problems, according to U.S. Department of Agriculture home economists.

What to look for? A new washing machine uses 32-45 gallons of water per loadsome models use less water. Some models have a "float fill" that provides a more accurate control of the amount of water used than "time" fill. Water level controls are useful to adjust the water to the type of load you are washing. Some models offer "suds saver" that saves wash water for later loads. You might consider avoiding new clothes purchases if the clothing requires special washing and handling.

Plan your menu and your meal.....and also the way you'll serve it. Cut down on the number of utensils used in preparing food....and on the plates and glassware used with the meal to save on dishwashing.

Do small kitchen jobs as they occur to prevent larger jobs----for example, wipe up small spills immediately to avoid frequent mopping of floors. Vacuum carpets and rugs so you won't need to shampoo them too often. Take care to clean spots when they happen.

To get warm water (for food preparation) turn hot water on first; then add cold water as needed. You get warm water more quickly this way and save on water.

Cook foods over low heat in pans with tightly fitted lids to reduce evaporation of liquid.

You can reduce the use of your garbage disposal (which uses 2 gallons of water per minute). One way may be to peel vegetables, eggs and other foods on newspapers--wrap and dispose. Better yet-----make a compost pile. Even little ideas can save!

ALMOST ALL ABOUT

— WHEAT

Hard wheat was brought to America by Russian immigrants back in 1873 when they settled in western Kansas. They grew the wheat for food and feed



...it helped them to survive, according to U.S. Department of Agriculture historians.

Other Americans---however, didn't like hard wheat because their tastes were for light, white bread products made from the soft wheats which grew in the East and Midwest. Eventually--almost a decade later--a mill was developed in Eastern Europe capable of separating bran fiber which could be ground and sifted into high grade flour to produce the products most desirable for the market place. Challenges still existed for the wheat crop, however, with plant lice, saw flies, chich bugs attacking the crops. USDA researchers developed many different wheat varieties and worked on the continual problems of disease, cold and drought.

Kansas and the other states in the Northern and Southern plains became known as America's breadbasket--because the area produces over 60 percent of our wheat.

The kernel of the wheat which is used as food provides many B vitamins: thiamine, niacin, and riboflavin; iron and calcium and phosphorus. The whole kernel may be cooked and used as a cereal, in casseroles, and in baked dishes. Wheat germ--part of the grain where growth begins--is about 2 percent of the kernel. One ounce of wheat germ contains about 106 calories, thiamine, riboflavin, niacin, phosphorus, iron, sodium and vitamins D and E. The pre-cooked, dried cracked wheat with a toasted look and nutty flavor was called bulgur. It is perhaps man's oldest form of wheat.

.... Flour

Flour has been made from every kind of grain...the kind of flour depends upon milling process, class of wheat from which the flour is milled and its composition. Wheat flour is the most popular--it may be used in many forms.

WHEAT (CON'T)

Hard wheat flours....usually higher in protein than soft wheat flours. Flours with highest protein content are used chiefly for commercial bread production where doughs must withstand the rigor of machine handling. Protein in hard winter wheat may run as high as 14 percent. In hard spring wheat flour it may run to 16 percent.

Soft wheat flours....usually sold for general use (for biscuit or cake flours)....commercially used in crackers, pretzels, cakes, cookies and pastries. Protein usually runs about 7 to 10 percent.

Whole wheat flour....contains the finely ground bran, germ and endosperm of the entire kernel. Has higher fat content and is more difficult to store (may become rancid if conditions are poor----store in air-tight container in refrigerator (or in freezer up to 3 months)).

Graham flour (same as whole wheat)

All-purpose flour is a mixture of different wheats that may be used for all baking purposes....usually enriched with B vitamins and iron.

Instant Flour: Made by a special process...is free pouring and dust-free, does not need sifting and may be used with cold liquid without lumping.

Gluten flour...usually has a low starch content. It is used primarily for dietetic breads...sometimes mixed with other flours of lower protein content.

Self-rising flour....all purpose flour with a leavening agent and salt. May be used as all-purpose flour in a recipe, but omit the baking powder and salt.

Cake flour is milled of low-protein soft wheat especially suitable for cakes and pastries--not enriched, but is bleached. (Not as popular since cake mixes were developed).

Unbleached flour is aged and bleached naturally by the oxygen in the air....usually of a yellow color.

Bleached flour...flour becomes lighter and baking qualities improve after storing for several weeks because of slow oxidation by air.

The percentage of protein in a flour generally serves as one standard of quality. The protein of wheat and flour is composed of gliadin and glutenin. When mixed with liquid they form gluten. Protein of wheat contains all eight of the amino acids considered essential, but not in sufficient amounts to be considered a complete protein. Lysine is in scant supply.

Food and Home Notes, a weekly newsletter directed to mass media outlets is published by the U.S. Department of Agriculture's Office of Communication, Washington, D.C. 20250. Editor: Shirley Wagener....Phone: 202-447-5898.